



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

KIDS IN CONTROL & TEENS IN CONTROL

WHAT ARE KIDS/TEENS IN CONTROL?

Kids in Control and Teens in Control are free education and support programs offered by B.C. Schizophrenia Society.

WHO CAN PARTICIPATE IN THIS PROGRAM?

Participants are children and youth between the ages of 8 - 18 years who have a family member with a mental illness and/or substance use disorder.

WHAT DOES THE PROGRAM LOOK LIKE?

The programs consist of eight sessions, which run once or twice a week. Each session is approximately two hours. Sessions run afterschool in community centres, schools and neighborhood houses.

These are group programs, with group sizes ranging from 6 - 10 participants. Program topics are explored through small group discussions, games and art. Snacks are provided.

Programs are delivered by two facilitators who have experience in mental health and working with groups of children and youth.

FOR REFERRALS OR QUESTIONS, PLEASE CONTACT:

www.bcsc.org/kidsincontrol

Funding for Kids/Teens in Control generously provided by:



We also acknowledge the financial support of the Province of British Columbia.

HOW DO CHILDREN AND YOUTH ACCESS THE PROGRAM?

Children and youth are referred to the program. Referrals are from a variety of sources, including health care professionals, community agencies, social workers, teachers, counsellors and family/caregivers. Youth (14+) may self refer.

WHAT DO CHILDREN AND YOUTH GET FROM PARTICIPATING?

During the sessions children and youth learn information about mental illness and strategies to promote resilience, such as healthy ways to cope.

Key takeaways include:

- they are not alone in their experience
- it isn't their fault and it's not their responsibility to take care of or fix their family member
- facts about the emotional and physical symptoms of mental illness and its treatment
- knowledge about societal attitudes and stigma
- how to identify feelings and defenses
- how to develop communication and listening skills
- healthy boundaries, self-care practices and means to cope with stress